Creative Flow Workshop
Residential Retreat

2007 Website Program Description

Creative Flow Workshop (2007)

Creative Flow is designed to explore the rich and exciting realms of creative consciousness, using Hemi-Sync® audio exercises, hands-on "studio" sessions, group sharing and support, and multi-media presentations. It is for non-artists and artists alike. *On Campus*

Creative Flow (2008)

Creativity is the magic of our universe. It shapes our lives, enriches our souls and helps manifest our dreams. The very word elicits a variety of emotions for many of us; a *longing* to be creative, *awe* for those who are, and a *deep knowing* that we once were as children, and still are deep within! There are many stages of the creative process to explore and an infinite number of ways to express that creativity. Reawaken that part of yourself that longs to live a more enriched, flowing and truly creative life!

Prerequisite for this program: Gateway Voyage

Creative Flow is designed to explore the rich and exciting realms of creative consciousness, using Hemi-Sync tape exercises, hands-on "studio" sessions, group sharing and support, and multi-media presentations.

This week-long program explores the creative potential within each individual, and encourages expression of that creativity in a *safe, non-judgmental* setting.

Goals of the Program:

To develop a deeper trust in one's inherent creativity.
To allow imagination, instinct and inquiry to act as guidance.
To tap creative impulses and act on them.
To express one's true essence in a unique and satisfying way.
To approach problem solving with inspiration.
To experience that optimal state called "Flow".

Opening any area of our creativity has the domino effect; it touches and affects many other aspects of our lives in enriching, positive ways. In this workshop, you will hear, see, feel, touch, know and explore creativity at very broad and deep levels. As a result, you will be able to enhance your life in many areas, such as: bringing more creativity to your professional and business endeavors, finding more creative family activities to share, enriching your personal relationships with more authenticity, vitality and passion, and bringing more creativity to your community!

Reawaken that part of YOU that longs to live a more enriched, flowing and truly creative life!

There are many stages of the creative process to explore and an infinite number of ways to express that creativity. With the unique Hemi-Sync® exercises and a format for organized exploration, you will at least touch a number of those possible areas and be encouraged to keep discovering more once you leave the program! You will also be given tons of free time for your own personal exploration. You will be given tools that will last a life time for creative discovery and expression.

It is for *non-artists* and *artists* alike*.* All forms of expression are welcome: the written and spoken word, music, photography, painting, drawing, sculpture, dance, video and computer generated art. No need to have any previous experience.

Come to discover your unique way of self-expressing!

About the facilitators:

Patty Ray Avalon is a residential trainer at TMI, a professional full-time artist with a Masters Degree of Fine Arts, and a former faculty member of the Barbara Brennan School of Healing .She developed the Creative Flow program with the intent to bring more joy, healing and enrichment to peoples' lives with the tool of Hemi-Sync.

Bob Holbrook is a residential trainer at TMI, and presents Hemi-Sync programs in the US and South Africa with his wife Marinda. He is an anthropologist with experience in South America, Africa, the Middle East and the US. Bob is an active member of the Society for the Anthropology of Consciousness, The Institute of Noetic Sciences and a certified provider with the Institute of Heartmath. He brings his experience and heartfelt intention to the Creative Flow that together we can resonate into a coherence that brings us to realization of our own beautiful creation.

We will provide a wide range of materials to work with in the program. You are encouraged to bring along any additional materials or instruments that you may want to use. More detailed information upon request.